UNIT 9 Sports & Fitness

Reading 1 Yoga and Pilates

Yoga and Pilates

Fitness trends can change every few ① year. In the 1970s, bodybuilding was very popular.

(A) This "whole-body" workout concept remains popular today. However, many people now want a slower, lower-intensity workout that focuses on strength, flexibility, and balance. Two popular types of exercise that ② fit this description are yoga and Pilates.

(B) Big, powerful bodies were not as fashionable, and the trend turned to lean, trim physiques. The 1990s saw the rise of cross-training—doing several different types of exercise ③ that employ different muscle groups in an attempt to work the whole body.

(C) People thought that having large muscles was a sign of good physical health; they ④ would spend hours in the gym lifting heavy weights to develop their physiques. Then, in the 1980s, the trend turned to ⑤ jogging and running.

1. Which is the correct order of the paragraphs?

① (C)-(B)-(A)
② (B)-(C)-(A)
③ (B)-(A)-(C)
④ (A)-(C)-(B)
⑤ (C)-(A)-(B)

2. Which of the underlined parts is grammatically incorrect?

① ② ③ ④ ⑤

"Yoga" is a Sanskrit word that roughly means "to control" or "to unite." There are many types of yoga, but all ① combine breathing exercises, concentration, stretching, and muscle control. Though yoga is ② currently a popular fitness trend around the world, it has been practiced in India for over 3,000 years.

Pilates ③ has been developed in Germany in the 1920s by a man named Joseph Pilates. Largely inspired by yoga, it focuses on building a strong "core." The core is the part of the body ④ that includes the abdomen, lower back, and hips. As with yoga, a Pilates workout involves deep concentration and controlled breathing. According to its practitioners, the goal is to create a fusion of mind and body ⑤ so that without thinking about it, we can move with efficiency, grace, and balance.

3. Which of the following is grammatically incorrect?

① ② ③ ④ ⑤

4. Which is NOT true, according to the passage?

① Yoga is based on breathing exercises, concentration, stretching, and muscle control.
② Yoga is a popular fitness trend that has been practiced in India for a long time.
③ Inspired by yoga, Pilates was developed in Germany and named after Joseph Pilates.
④ The main body parts of Pilates exercise include the abdomen, lower back, and hips.
⑤ Thinking carefully and moving efficiently, gracefully and balancedly can create a fusion of mind and body.

Why are exercises like Pilates and yoga so popular these days? Maybe because they combine physical fitness with (A) [medication / meditation] to maximize the fitness experience. According to Cedric X. Bryant, Chief Science Officer of the American Council on Exercise, “Consumers want to engage in workouts that provide multiple (B) [benefits / drawbacks], due to time and economic limitations.” This means that people want the most results for their time and money. With yoga and Pilates, people can develop their bodies and minds (C) [spontaneously / simultaneously].

5. Choose the correct words for (A), (B), and (C).

	(A)	(B)	(C)
①	medication	benefits	spontaneously
②	meditation	benefits	simultaneously
③	meditation	drawbacks	spontaneously
④	meditation	drawbacks	simultaneously
⑤	medication	drawbacks	simultaneously

6. Which is most likely the title of the paragraph?

① How to Maximize the Fitness Experience
② Consumers Trying to Get Lots of Benefits
③ The Reason Pilates and Yoga Are Popular
④ Workouts That Have Economic Limitations
⑤ The Origin of Yoga and Pilates

Yoga and Pilates are fitness fads now, and taking classes with a specialized instructor can be beyond the means of many people. (①) Fortunately, such classes are not absolutely necessary. (②) It’s possible to do both types of exercise at home with no special equipment other than a mat. (③) And novices can find plenty of free instructional videos online. (④) _____(A)_____, fitness experts point out that Pilates and many types of yoga are not enough by themselves to achieve optimal fitness. (⑤) Experts, _____(B)_____, recommend combining a Pilates or yoga workout with swimming, running, or another aerobic exercise.

7. Where is the best place to insert the sentence below?

<u>This is because they do not sufficiently work the heart and lungs.</u>

① ② ③ ④ ⑤

8. Choose the correct words for (A) and (B).

	(A)	(B)
①	Factually	in the same manner
②	However	therefore
③	Rather	rather
④	First of all	at the same time
⑤	Moreover	in the long run

The Roots of Pilates

Pilates is a popular form of exercise that many movie stars and celebrities claim ① helps them keep fit and slim. _____(A)_____, Pilates is not a new way of exercising. It was invented by Joseph H. Pilates, the son of a German gymnast, in the early 20th century.

Joseph Pilates was a weak and sickly child, so he devoted his whole life to ② improve his physical strength. He studied all kinds of exercise, including yoga and bodybuilding, and concluded that bad health was caused by bad posture, poor breathing techniques, and lazy modern lifestyles. He devised a series of exercises and training techniques to help people overcome these problems and improve their physical and mental health.

In 1912, Pilates moved to England, ③ where he worked as a boxer and a self-defense trainer. There, he started to develop the exercises that would later become known as Pilates. In 1925, he moved to the United States. He and his wife opened an exercise studio and taught his methods to students.

Though Joseph Pilates was considered a health guru, he was not so clean-living ④ himself. He liked smoking cigars and drinking whisky. Pilates died in 1967 of emphysema (caused by too much smoking) at the age of eighty-seven.

While Pilates is very trendy these days, there are criticisms. Some people say that Pilates puts too much pressure on the spine and can actually lead to bone weakness and cause the spine to bend over into a hump. _____(B)_____, even these criticisms are not enough ⑤ to stop the continuing popularity of Pilates.

9. Which of the following is grammatically incorrect?

① ② ③ ④ ⑤

10. Choose the correct words for (A) and (B).

	(A)	(B)
①	On the other hand	In addition
②	That is to say	Likewise
③	In brief	For example
④	Instead	Actually
⑤	However	However

Reading 2 The Future of Sports

The Future of Sports

Esports are already a huge hit. ① Millions of people (A) [tone / tune] in to platforms like Twitch and YouTube Gaming every day ② to watch their favorite players. Tournaments (B) [attract / repel] studio audiences in the thousands and online viewers in the millions. Although there are many ③ who believe esports are not true sports, their (C) [preference / reference] for physical excellence shouldn't keep esports players ④ gaining the credit they deserve ⑤ as professional athletes.

11. Choose the correct words for (A), (B), and (C).

	(A)	(B)	(C)
①	tune	repel	reference
②	tune	attract	preference
③	tune	repel	preference
④	tone	repel	preference
⑤	tone	attract	reference

12. Which of the underlined parts is grammatically incorrect?

① ② ③ ④ ⑤

Not all sports need a ball. Some are played with a controller. Competition in games like Dota 2, Call of Duty, and League of Legends have turned fan following into a fast-growing industry (A) [called / calling] esports. ① Esports have many of the characteristics of traditional sports: (B) [passionate / compassionate] fans, fierce competition, and star players. ② Large esports events also bring in large investments. Companies such as the Monster Beverage Corporation and celebrities such as Michael Jordan and Drake are all proud sponsors of esports teams. ③ Organizers now hope to raise the (C) [status / statue] of esports to match that of traditional sports. ④ They want players to be recognized as athletes, and they want to compete at global events such as the Olympics. ⑤ Critics believe that esports, while competitive, are more similar to games such as chess or checkers than sports like football and tennis—requiring brains but not athleticism.

13. Where is the best place to insert the sentence below?

Yet, despite the growing success of the industry, there is still controversy over whether or not esports can be considered genuine sports.

① ② ③ ④ ⑤

14. Choose the correct words for (A), (B), and (C).

	(A)	(B)	(C)
①	called	passionate	status
②	calling	compassionate	status
③	called	compassionate	status
④	calling	passionate	statue
⑤	called	compassionate	statue

If sports are classified only by the amount of physical effort they require, then these critics may have a good argument. But let's not be so quick to judge. Esports players might not have the strongest throwing arms or fastest legs. _____(A)_____, they do have certain athletic abilities. Video games require strong hand-eye coordination and motor skills. Studies have found that esports players can achieve up to 400 movements on a keyboard and mouse per minute. _____(B)_____, esports players' levels of cortisol (the hormone linked to stress) can rise as high as a Formula 1 driver's. And their heart rates can reach speeds of 160 to 180 beats per minute—a rate equivalent to that of someone running at a fast pace.

15. Which is most likely the title of the paragraph?

① The Amount of Physical Labor Required for Sports
② Esports That Require a Strong Body
③ Why E-sports Should Be Sports
④ Why Video Games Are Attractive
⑤ E-sports Players Who Can Move Their Mouse Fast

16. Choose the correct words for (A) and (B).

	(A)	(B)
①	In brief	Simultaneously
②	As a matter of fact	In other words
③	Simultaneously	Moreover
④	Factually	At last
⑤	However	In addition

Esports players need more than just quick (A) [reflexives / reflexes]. ① They also have to have strategic minds, teamwork and communication skills, and the ability to work under pressure. ② Players will often live with other players or teammates and practice (B) [at least / at most] eight hours a day. ③ They also have coaches who help by reviewing their past performances, analyzing their competitors' strategies, and coming up with counterstrategies to use in tournaments. ④ Some teams' training sessions even (C) [simulate / stimulate] esports events. ⑤ Loud music, cheering fans, and blinding lights are used to distract players and give them practice under pressure.

17. Where is the best place to insert the sentence below?

<u>This is why many esports players and teams train like professional athletes and maintain strict training regimes.</u>

① ② ③ ④ ⑤

18. Choose the correct words for (A), (B), and (C).

	(A)	(B)	(C)
①	reflexives	at most	simulate
②	reflexives	at least	stimulate
③	reflexes	at most	simulate
④	reflexes	at least	simulate
⑤	reflexes	at most	stimulate

Racing to Save the Planet

Motorsports are exciting for many, but this excitement could be coming at a cost. Many people are starting to question motorsports such as Formula 1, NASCAR, and MotoGP (A) [because of / because] their impact on the environment. It's estimated that over 1.8 million kilograms of carbon dioxide are released per year from NASCAR races alone. As people everywhere wake up to the reality of climate change, many are wondering (B) [whether / that] motorsports can continue to be justified.

But if it's time to turn off the engines, where will fans turn for entertainment?

For car and bike fans, there's an alternative that's far less of a threat to the environment: video games. Racing games are becoming increasingly realistic, making them a practical alternative to real racing. The potential of esports racing was highlighted in 2020 when the COVID-19 pandemic caused the delay or cancellation of several motorsports events. Online racing games experienced a notable increase in viewers as a result.

Of course, there are many reasons for (C) [why / which] fans will continue to prefer real racing to the digital kind. In particular, the sense of danger in real racing doesn't exist in video games. Drivers' decision-making and abilities vary greatly when you factor in all the conditions they face on real racetracks. People also have to accept that the sound and feel of watching or being in a real race will likely never be fully reproduced in a digital format. But surely, when we think about the health of our planet, there must be room for compromise.

19. Which is most likely the topic of the paragraph?

① The popularity of exciting motorsports
② Attention to the dangers of motorsports
③ The impact of motorsports on the environment
④ Racing games as an alternative to motor sports
⑤ The importance of drivers in motor sports

20. Which of the following (A), (B), and (C) pairs of brackets is grammatical?

	(A)	(B)	(C)
①	because	whether	which
②	because	whether	why
③	because	that	which
④	because of	that	why
⑤	because of	whether	which

Answer Key

1. ①
2. ①
3. ③
4. ⑤
5. ②
6. ③
7. ⑤
8. ②
9. ②
10. ⑤
11. ②
12. ④
13. ⑤
14. ①
15. ③
16. ⑤
17. ②
18. ④
19. ④
20. ⑤